



We build strong kids, strong families, strong communities.

<p style="text-align: center;">DAILY FAMILY YMCA OF BIXBY YOUTH BASKETBALL RULES 5 & 6 YEAR OLD LEAGUE</p>

I. Playing Time

- A. All players must receive equal playing time, regardless of previous experience or skill level.
- B. Playing time **may not** be limited by a player's inability to attend practice.
- C. The team must start with at least 3 players.

II. Official Game Time/Scoring

- A. A game will consist of four 6-minute quarters.
- B. The clock will run continuously and will only stop for timeouts and injuries.
- C. League standings will not be kept.
- D. No overtime periods will be played.
- E. Players can not foul out. A foul may be called if appropriate but explain the rule to the players.
- F. No score will be kept.

III. Time Outs

- A. Each team will be allowed 2 timeouts per half.
- B. Timeouts will not carry over from the first half to the second half.
- C. Timeouts will last 30 seconds.
- D. Timeouts may be called by the coach or the players on the court.
- E. Timeouts can only be called by the team in possession of the ball.

IV. Press

- A. No press of any type is allowed.
- B. Players must retreat across the mid-court line and allow the ball and player with the ball to cross mid-court unimpeded.

V. Defense

- A. Man-to-man is the only defense permitted in the 5 & 6 year old league.
- B. Wrist bands will be worn by all players.

VI. Substitutions

- A. Teams may only substitute players at the end of the quarter.

VII. Basket Height

- A. Basket height will be 8 1/2 feet.
- B. Free throws will be shot from the 10 foot line.

VIII. Ball Size

- A. The official game ball will be the 26" junior size ball.

IX. Miscellaneous

- A. Games may not be protested due to any circumstances.
- B. Players pledge will be recited before every game with the parents.
- C. Games will not be rescheduled due to a team conflict with the published schedule.
- D. Team rosters will not consist of more than 10 players, unless prior permission is granted from the YMCA League Director.
- E. Any questions, comments, or concerns should be directed to the YMCA League Director.